

Becoming an adult

Online version



Kent Community Health
NHS Trust



This book belongs to:

Town/village I live in:

The name of my main contact is:

Their telephone number is:

They work at:



Print a copy and
stick a photo of
yourself here.

This publication is available in other
formats and can be explained in a
range of languages.

Please call 03000 41 61 61 or
Text Relay 18001 03000 41 61 61



Hello!

This book has lots of useful information in it.

This is to help you as you grow up and leave school, we call this 'transition'.

There are lots of spaces to write your own things which are useful to you, stick things or draw.

Make it your own!

We have put information on our website and made a copy of this booklet you can fill in and save.

www.kent.gov.uk/transitiontoadulthood



What this book is about

This book is about planning the move from being a child to being an adult.

We call this '**transition**'.



'Transition' means changing from one part of your life to another.

Like growing up.

You can type things here about growing up.



If you have different agencies working with you (like health, education and social care), you need to make a plan so that everyone knows what they have to do.

You will get help to do this.



If you have a number of people supporting you, one of them will be the 'lead' to make sure that any planning goes well.

Type in things you would like to do.

Type your lead person's name:



Looking after yourself



People with learning disabilities should have the **same opportunities** as everyone else.



We want you to be **in charge of your own life**.



We want you to be as **independent** as you can.

All about you



We believe that you should be at the centre of planning for all areas of your life.

Before the first transition meeting, your 'lead' will:



- listen to you and learn about what you want from your life;
- help you look at your choices about school and your learning plans;
- help you think about what you want now and in the future;

continues



- help you make the important decisions about your life;
- make sure that your family, friends and professionals are working together with you to make this happen.



You can decide how you want to present your plan to the transition meeting.

Once your plans have been made it will be easier for you and others to check how things are going.



You will have support to do this.



Planning for the future

Planning for your future will start in Year 9 when you are 14 years old.



Your school will arrange a special meeting called a transition meeting or transition review.



Every year the plan will be reviewed at the transition meeting until you finish your education.



This will give you the opportunity to make sure things are happening as agreed or to change plans if you want.

People who can help



Parents and friends can help you plan your future.



Lots of other people can help as well.

Like a **Young Persons Assessment and Placement Officer**.

They are from Kent County Council's Education and Young People's Services.

They will start working with you when you are in your final year of school and will continue until you leave college or education.



A Care/Case Manager or Social Worker from Kent County Council's Social Care, Health and Wellbeing department may also be able to help. See the back of this booklet.



Your **school teacher** will help you to consider your learning needs while you are at school.



Your 'lead' will also be able to help you.

What would you like help with? You can type here.



What happens at the transition meeting?

At the first meeting we will discuss a number of things with you.



If you have a special educational needs or a Education, Health and Care Plan, we will review this.

We will look at your progress at school to see if you need any extra support.



You might want to stay at school.

You need to think about what you want to do when you are 16.



You might want to go to college.

There are many further-education courses that could help you to learn new skills.

The KCC Young Persons Assessment and Placement Officers will be able to help and you can contact a college direct asking for advice from their student support service staff.



There will be someone in the college who will be able to help you.



You might want to look at an apprenticeship or you might have a particular interest that you want to follow up.



Looking after yourself

It will be important to look at your health needs and make sure that arrangements are made to meet these needs when you leave school.

You may need a health action plan, health professionals will explain how to do this.



If you need support or care a social worker or care /case manager will talk to you about the type of support that will best suit your needs.

They will help you plan to make sure you get the support you need.



Type here healthy things you like.





Leisure and having a social life

You will want to make the most of your free time and may want to know about all the things to do near to where you live.

What kinds of things interest you?
You can type them here.



Your money

Everyone needs money to pay bills and buy things they need or enjoy.

You may be able to get benefits (money the government gives you) to help.



Direct Payments

If you or someone you care for get help from social services, you can apply for direct payments.

These let you choose and buy the services you need yourself, instead of Kent County Council arranging them for you.



You may have to pay for some services that Kent County Council can give you.



Independent living skills

Learning to live independently is an important part of growing up.

You might want some extra help, learning to use public transport for example.

Ask about this at your transition meeting.



Thinking about work

Think about what you enjoy and try to find work that matches. Some work is voluntary and some is paid.

You might need some support to get the job you want.

What would you like to do for work? Type here.



Housing

As you get older you will want think about where you should live.



Should you stay at home?



Would you like to live with friends?



Or, would you like a place of your own?

You will get support to think about this.



Where would you like to live? Type here.



Useful information.

You can find information on special educational needs and disability at:
www.kent.gov.uk/education

You can find information on adult social services and learning disabilities at:
www.kent.gov.uk/adultsocialservices

Click on a button below if you would like to:

Save your booklet

How the Young People's Team and adult social care can help as you grow up

